

July 27th, 2012

This week marked the end of the drought. Hooray! As soon as rain came twice in a row, I felt my whole psyche relax a notch or two. And with the rain, things in the garden that had been at a stand-still, finally began to grow again. This week we finished trellising all the tomato plants, and we got our fill of squishing potato beetles and Japanese beetles. And today, we sadly said goodbye to Jean and Drew, the WWOOFers that have been with us for the past two weeks.

This week’s share includes green beans! The first beans of the season and we’re ready for them!

* Mixed Lettuce (Red leaf, Green “tango” Lettuce, Red Romaine)
* Zucchini
* Red and Yellow Spring Onions
* Green String Beans
* Yukon Gold Potatoes
* Red Norland Potatoes
* Green and Red Russian Kale
* Basil

Recipe of the Week: Sauteed Green Beans with Caramelized Onions

Thinly slice 1 yellow onion. Add about 2 tablespoons of olive oil and the onion to a large sauté pan and cook over medium-high heat for 10-15 minutes, stirring frequently, until the onion begins to brown and caramelize. Wash and trim the ends off the green beans. Add beans and ½ cup chicken or vegetable stock to the pan and salt and pepper to taste. Reduce the heat to a simmer, cover, and cook until the beans are tender but still crisp—about 3-5 minutes.